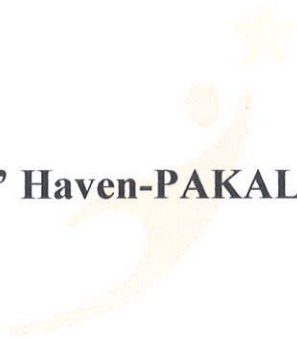


Elders' Haven-PAKALVEEDU

 Naipunnya®

To reach the unreachable

**Faculty In-charge: Ms Reni.V.Kalayil**



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## REPORT

Elders' Haven-PAKALVEEDU, a noble community project, was initiated by the compassionate students of Naipunnya Institute of Management and Information Technology, pongam. This endeavor is dedicated to extending care and support to elderly individuals residing alone in Ward 3 Parakootam and Ward 13 Vazhichal of Koratty Grama Panchayat. With loneliness emerging as a significant concern among senior citizens globally, this initiative strives to address the issue through the provision of essential day-care services to our respected elderly.

### **Project Objectives:**

#### **For Senior citizens:**

- Enhance cognitive stimulation through engaging activities and social interactions.
- Provide personalized care and support based on individual needs and preferences.
- Offer opportunities for physical exercise and wellness activities to improve mobility and health.
- Foster intergenerational connections and sharing of experiences between seniors and students.
- Create a platform for seniors to pursue hobbies, interests, and lifelong learning.
- Support seniors in maintaining their independence and sense of purpose.
- Collaborate with healthcare professionals to monitor and improve seniors' overall health.

#### **For Students:**

- Develop empathy and compassion through interactions with seniors, promoting a deeper understanding of aging issues.
- Cultivate communication skills by engaging in conversations with seniors from diverse backgrounds.
- Encourage students to learn from the wisdom and life experiences of the elderly, contributing to personal growth.
- Provide opportunities for students to organize and lead activities, fostering leadership and organizational skills.
- Promote volunteerism and community engagement, instilling a sense of social responsibility.
- Enhance cultural awareness and sensitivity through interactions with seniors from different cultures and traditions.

## Activities and Initiatives:

The project organized various activities to engage the elderly members and improve their quality of life. The activities include playing games, singing, and celebrating festivals like, Onam and Christmas with the members of Pakalveedu. Additionally, students actively involved themselves in organizing events like Anthakshari, candle lighting contests, ball passing games, etc., to ensure the members can enjoy and interact with one another.

- Inauguration and Karkidakakanji Kit distribution

A significant milestone was achieved, as the inauguration of the Elders' Haven-PAKALVEEDU project took place on 10/08/2023 in Ward 3 Parakootam and on 14/08/2023 in ward 13 Vazhichal. To mark this auspicious beginning, we extended our genuine care by distributing 40 Karkidakakanji kits to senior citizens in Parakootam Pakalveedu and 60 kits in Vazhichal Pakalveedu. These thoughtfully designed kits aim to promote the physical well-being of our esteemed elders. A total of Rs.11700/- was spent for the kits.

- Counselling services for elderly

We collaborated with DIST Angamaly to conduct counseling services for the mental well-being of the elders in Parakootam and Vazhichal Pakalveedu. Our students assisted the trainee social workers of DIST Angamaly in counseling the elderly. Each trainee social worker was remunerated with Rs. 500/-, amounting to a total expenditure of Rs. 2500. The activity was conducted on 23/09/2023 and 30/09/2023.

- Tele-counselling

The "Elders Haven" project, in partnership with Koratty Panchayat, successfully initiated a tele-counseling service aimed at providing essential support and counseling to the elderly members of the community. The programme ensured easy access to counseling services for elderly individuals. The service is available from 10 a.m. to 12 a.m. during weekdays, providing free counseling support to elderly individuals experiencing mental health challenges. The primary goal of the Elder's Haven Tele-Counseling Service is to address the mental health needs of elderly individuals, offering support and guidance during specified hours, through free counseling sessions. The service is provided free of charge, emphasizing the commitment to supporting the mental well-being of the elderly population. Ms.

Reni.V. Kalayil, Counselor, Naipunnya College, provides tele-counselling services for the elderly. Our students visited both Parakootam and Vazhichal Pakalveedu and provided information regarding the tele-counselling service offered by the college for elderly people.

- Laughing Yoga Exercise

A Laughing Yoga Exercise session was conducted in Pakalveedu, both in Vazhichaal and Parakootam. The students invited Mr. K. K. Jose as the resource person for the programme. Laughing yoga is a unique form of exercise that combines deep breathing, stretching, and playful laughter.

- Tour programme

On the 17th of February, students from our institution had the privilege of accompanying the elders of Pakalveedu in Parakootam, Koratty, on an enriching tour to Malampuzha. This excursion provided an opportunity for the elders to explore and experience the beauty and attractions of Malampuzha. The students ensured the comfort and safety of the residents throughout the trip, engaging with them in meaningful conversations and activities.

- Library services

As part of our initiative to enhance the quality of life for the members of Vazhichal Pakalveedu, the students undertook a visit to provide library services. During this visit, the students brought along a collection of journals and books to enrich the reading experience of the residents. This initiative aimed not only to promote literacy and intellectual stimulation but also to create a conducive environment for learning and relaxation within the community.

- Mental health awareness classes

The students took the initiative to organize a mental health awareness session and group activity at Elders Heaven Pakalveedu, Parakkootam, on December 1st, 2023. The session aimed to raise awareness about the importance of mental health and well-being among the elderly residents. Mr. Roshan Thomas, a social worker, facilitated the session, sharing valuable insights and expertise in the field of mental health. By organizing such events, the students demonstrated their commitment to promoting holistic well-being and improving the quality of life for the residents of Elders Heaven Pakalveedu. An amount of Rs.500/- was spent for the programme.

- Entertainment programmes and prizes

The students played games and engaged with the elderly members of Pakalveedu and gave prizes to the winners, fostering a spirit of fun, participation, and recognition among the elderly members. An amount of Rs.1000/- was spent for the programme.

- Festivals and celebrations

The students organized a festive celebration for Christmas at Pakalveedu. The celebration included various activities such as cutting the cake, decorating Pakalveedu, singing Christmas carols and so on.

- Distribution of food packets to the elders

The students provided delicious lunch for the elderly at both Vazhichal and Parakootam Pakalveedu.

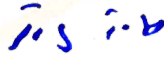
Prepared by:



Ms. Reni V. Kalayil

(SWAS/ Outreach Coordinator)

Verified by:



Dr. Joy Joseph Puthussery

(IQAC Coordinator & Dean of Studies)

Approved by:



Rev. Fr. Dr. Paulachan K. J

(Principal)



**BROCHURE**



**NAIPUNNYA INSTITUTE OF MANAGEMENT  
AND INFORMATION TECHNOLOGY (NIMIT)**

Organizes



**Elders Haven-  
Pakalveedu**

**Providing Care  
and Support  
to Senior Citizens**

**Adopting Pakalveedu  
in Ward 3 Parakootam  
and Ward 13 Vazhachal  
of Koratty Grama Panchayath**

**Join us for the grand inauguration of "Elders Haven-Pakalveedu"**

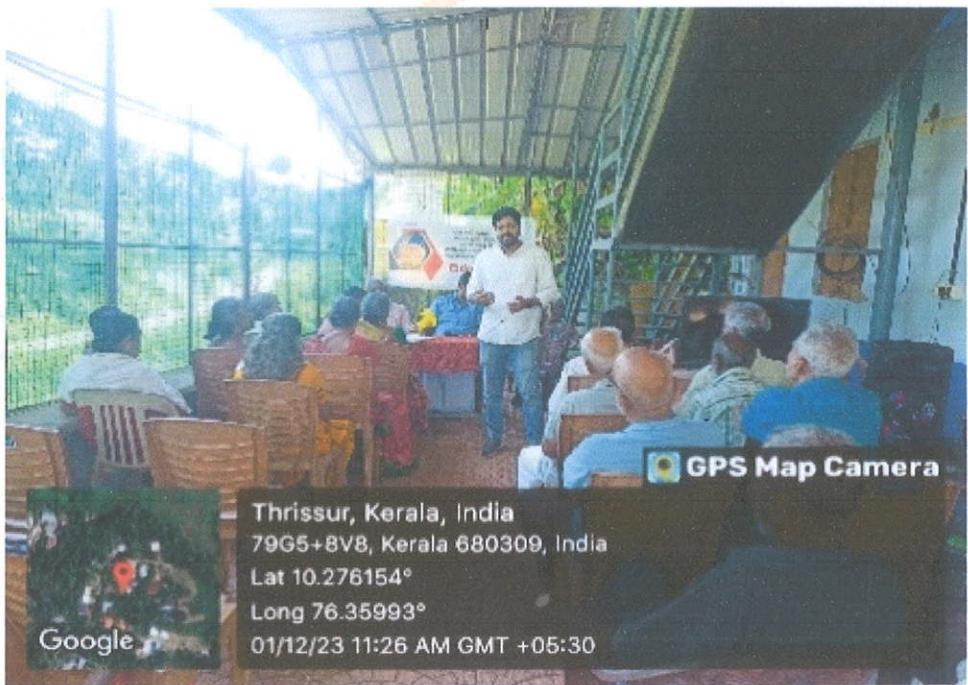
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Time : 11.00 am  
Venue : Parakootam Vayanasala**

**PHOTOGRAPHS**











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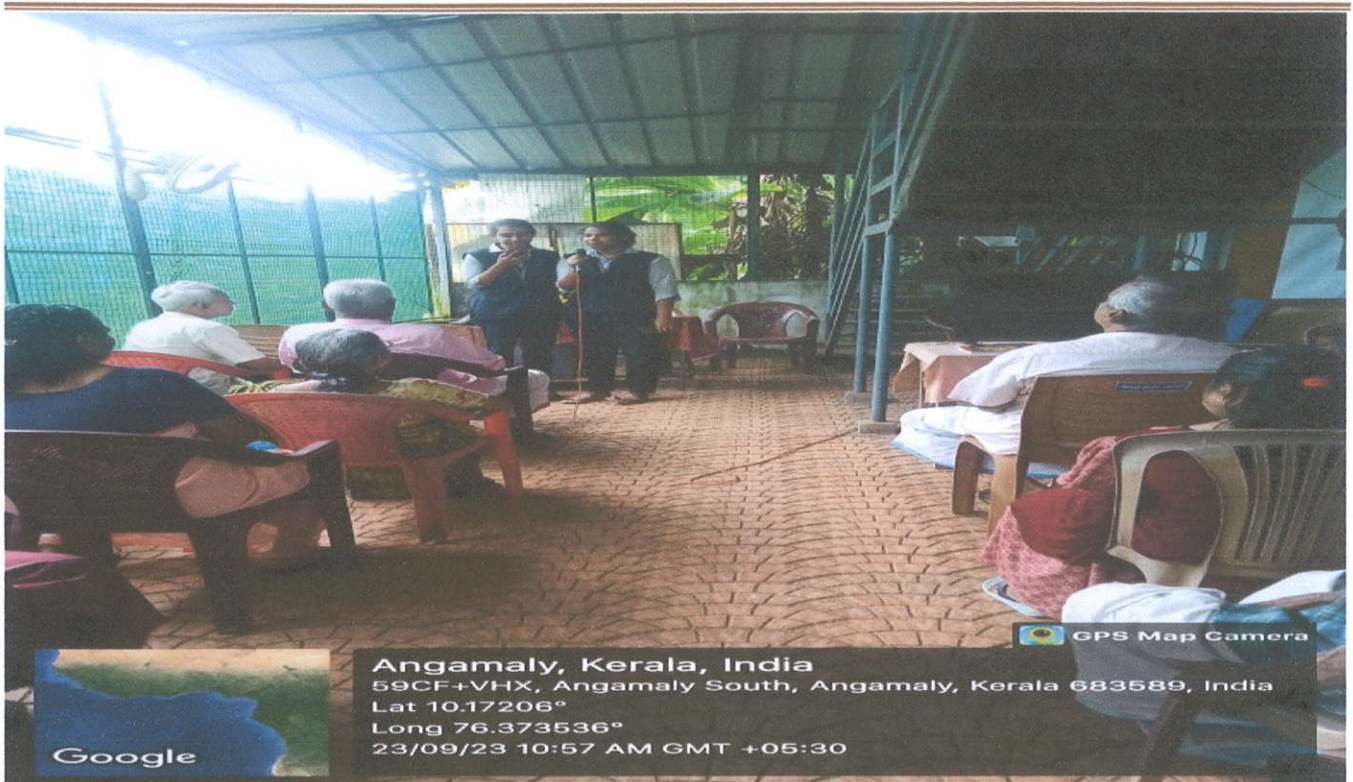




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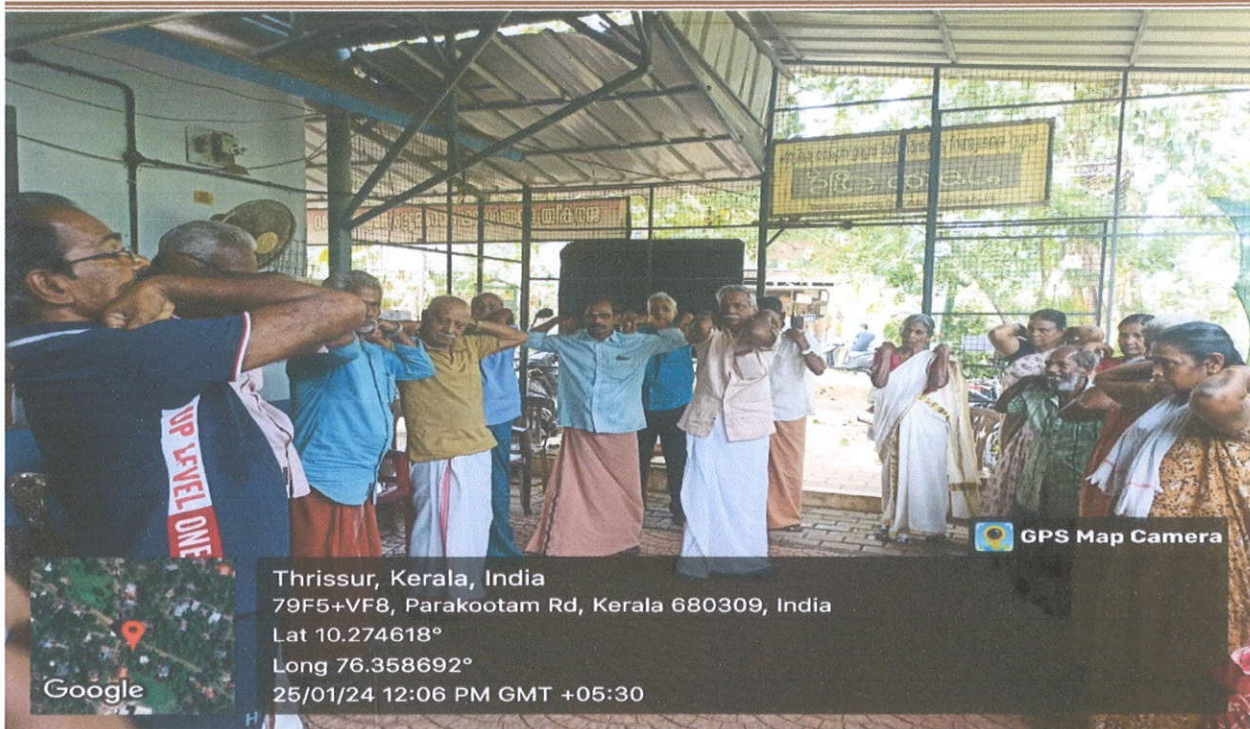
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# കൊരട്ടി ഗ്രാമ പഞ്ചായത്ത്

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പി. സി ബിജു  
പ്രസിഡന്റ്  
കൊരട്ടി ഗ്രാമപഞ്ചായത്ത്

പന്തൽക്കുട്ടം വീട്  
കുട്ടപ്പുറം  
കൊരട്ടി പി. ഒ

നമ്പർ:PDT/1199/23

തീയതി : 31.07.2023

പ്രേഷകൻ

പ്രസിഡന്റ്

കൊരട്ടി ഗ്രാമപഞ്ചായത്ത്

സ്വീകർത്താവ്

പ്രിൻസിപ്പാൾ

നെപ്പുണ്യ കോളേജ്, പൊങ്ങം

വിഷയം - കൊരട്ടി പഞ്ചായത്തിലെ പകൽ വീടുകൾ - വയോജന സൗഹൃദമാക്കുന്നത് സംബന്ധിച്ച്.

സർ,

കൊരട്ടി ഗ്രാമപഞ്ചായത്ത് വയോജന സൗഹൃദ പഞ്ചായത്ത് ആക്കുന്നത് സംബന്ധിച്ചുള്ള നടപടികൾ പുരോഗമിക്കുകയാണ്. ആയതിന്റെ ഭാഗമായി വാർഡ് 3 പാറക്കുട്ടം, വാർഡ് 13 വഴിച്ചാൽ എന്നിവിടങ്ങളിൽ പ്രവർത്തിക്കുന്ന പകൽവീടുകളിൽ വയോജന സൗഹൃദമാക്കുന്നതിന് യോഗ ക്ലാസ്സുകൾ, വയോജന കൗൺസലിംഗ്, ചിരി ക്ലബ്ബുകൾ, ഉല്ലാസയാത്രകൾ, ആരോഗ്യ - മനശാസ്ത്ര ബോധവൽക്കരണ ക്ലാസ്സുകൾ, ഫിസിയോ തെറാപ്പി പരിശീലനം, വിശേഷ ദിനങ്ങളിൽ പ്രത്യേക ആഘോഷങ്ങൾ (വയോജന ദിനം, ഓണം, ക്രിസ്തുമസ് മുതലായവ) എന്നിവ നടത്തുവാൻ ആലോചിക്കുന്നു. പ്രസ്തുത പരിപാടികൾ കേരളത്തിലെ പ്രശസ്തരായ നെപ്പുണ്യ കോളേജുമായി നടത്തുവാനാണ് പഞ്ചായത്ത് ആഗ്രഹിക്കുന്നത്. ആയതിനാൽ പ്രസ്തുത പ്രോജക്ട് അങ്ങയുടെ സ്ഥാപനത്തിന്റെ സാമൂഹ്യ പ്രതിബന്ധത പദ്ധതിയിൽ ഉൾപ്പെടുത്തി നടപ്പിലാക്കി തരണമെന്ന് അഭ്യർത്ഥിക്കുന്നു.

വിശ്വസ്തയോടെ



പി.സി.ബിജു  
പ്രസിഡന്റ്  
കൊരട്ടി ഗ്രാമപഞ്ചായത്ത്  
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